



## 7. Lauf "Rund um Frauenwald"

Frauenwald / 11.08.2012

### Detailed evaluation

**Riehl, Robert**

Club: Bad Rodach

Number: 350

Course: 14.60 km

Hauptlauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:19:40

Speed: 10.54 km/h

Running performance: 5:28 min/km

Rank in course/Total: 60 (of 98)

Rank in course/Men: 56 (of 79)

Best time in course: 56:33

Rank in category: 4(of 5)

Best time in the category: 1:01:16